

## 5 kilometres Ranking List 2010

1	*	Chris Discombe	14:18	Manchester (Track)	7.08.10
2	*	Steve Paterson	15:49	SSAFA Race 3	21.07.10
3		Julian Baker	15:51	Swansea	22.08.10
4	*	Stuart Crees	16:04	SSAFA Race 3	21.07.10
5	*	Mark Palser	16:17	Cardiff parkrun 117	22.05.10
6	*	Jerome Edwards	16:23	Cardiff parkrun 138	16.10.10
7	*	Nick Dukes	16:27	Cardiff parkrun 111	10.04.10
8	*	Ed Donovan	16:27	SSAFA Race 3	21.07.10
9		Phil Cook	16:34	SSAFA Race 3	21.07.10
10		David J Williams	16:41	Cardiff parkrun 107	13.03.10
11	*	Philip George	16:42	Cardiff parkrun 110	3.04.10
12		Richard Wilder	16:46	Cardiff parkrun 110	3.04.10
13	*	Richard Self	16:48	Cardiff parkrun 111	10.04.10
14		Richard Bullen	17:10	SSAFA Race 1	19.05.10
15		Rob Sage	17:13	Cardiff parkrun 145	11.12.10
16	*	Matthew Hurford	17:16	SSAFA Race 2	23.06.10
17	*	Martin Williams	17:16	Merthyr Mawr Lane	26.05.10
18	*	Stuart McIlroy	17:24	SSAFA Race 1	19.05.10
19	*	Scott Howell	17:31	Cardiff parkrun 136	02.10.10
20		Lyndon Tudor-Maisey	17:36	Merthyr Mawr Lane	26.05.10
21		Dave Headon	17:37	Cardiff parkrun 110	3.04.10
22		Mick McGeoch	17:44	SSAFA Race 3	21.07.10
23		Steve Spiers	17:45	Cox Falcon	13.03.10
24	*	Steffen Scholz	17:48	Cardiff parkrun 136	02.10.10
25	*	Brian Richardson	17:50	Cardiff parkrun 132	4.09.10
26		Daniel Harris	17:51	Cardiff parkrun 118	29.05.10
27	*	Rob Scott	17:55	SSAFA Race 2	23.06.10
28	*	Matthew Hopkins	17:59	Summer Sizzler	25.08.10
29		Calum Cheshire	18:11	Summer Sizzler	25.08.10
30		Dave Coles	18:11	Cardiff parkrun 102	6.02.10
31	*	Tom Jeffery	18:15	Summer Sizzler	25.08.10
32	*	Ben Farag	18:18	Cardiff parkrun 139	23.10.10
33		Sandy Johnston	18:21	Cardiff parkrun 117	22.05.10
34		Peter Kellam	18:22	Summer Sizzler	25.08.10
35		Elio Lepore	18:22	Cardiff parkrun 141	6.11.10
36	*	Ian Jones	18:23	Cardiff parkrun 142	13.11.10
37		Rob Jones	18:23	Cardiff parkrun 125	17.07.10
38		Gareth Lynch	18:28	Summer Sizzler	25.08.10
39	*	Brian Kerry	18:29	Cardiff parkrun 111	10.04.10
40		Paul Coker	18:31	Cardiff parkrun 111	10.04.10
41		Andy Cleves	18:32	Cardiff parkrun 141	6.11.10
42	*	Ruth Tyler	18:33	Cardiff parkrun 110	3.04.10
43	*	John O'Shea	18:35	Merthyr Mawr Lane	26.05.10
44		Julian Carter	18:37	Time Trial	19.08.10
45	*	Katie Beecher	18:41	Cardiff parkrun 128	7.08.10
46	+	John Sutherland	18:42	Cardiff parkrun 140	30.10.10
47	*	Matthew Hooper	18:42	SSAFA Race 3	21.07.10
48	*	Scott Hemmens	18:46	Cardiff parkrun 110	3.04.10
49	*	Peter Turnbull	18:48	Cardiff parkrun 134	18.09.10
50	*	Alun Jones	18:54	Cardiff parkrun 114	1.05.10
51		Mike Murphy	18:57	Cardiff parkrun 122	26.06.10
52	*	Libby O'Duffy	18:57	Swansea	22.08.10
53	*	James Bruce	18:57	Cardiff parkrun 135	25.09.10
54		Mick Tabor	18:59	Cardiff parkrun 125	17.07.10
55		Marcus Coles	19:00	Cardiff - St David's Day	28.02.10
56		Andrew Russell	19:00	SSAFA Race 2	23.06.10
57		Paulo Simoes	19:00	Cardiff parkrun 114	1.05.10
58		Paul Morris	19:04	Cardiff parkrun 112	17.04.10
59		Adam Morton	19:08	Cardiff parkrun 136	02.10.10
60		Wouter Poortinga	19:08	Cardiff parkrun 112	17.04.10
61	*	Jeremy Forshew	19:15	Swansea Bay	8.06.10
62		David Proud	19:18	Newcastle parkrun 7	27.02.10
63	*	Maria Zubizarreta	19:18	Cardiff parkrun 142	13.11.10
64		Matthew Townsend	19:24	Merthyr Mawr Lane	26.05.10
65		John Diffey	19:25	Cardiff parkrun 111	10.04.10

66	*	Mel Dando	19:30	SSAFA Race 3	21.07.10
67		Gerry Crispie	19:33	Cardiff parkrun 128	7.08.10
68		Steve Owen	19:38	SSAFA Race 2	23.06.10
69	*	Geraint John	19:39	Cardiff parkrun 121	19.06.10
70		Eurof Davies	19:41	Summer Sizzler	25.08.10
71	*	Andrew Blair	19:41	Cardiff parkrun 107	13.03.10
72	+	Martin Jones	19:44	Cardiff parkrun 142	13.11.10
73	*	Claire Beatty	19:47	SSAFA Race 3	21.07.10
74		Brendan Jones	19:51	Cardiff parkrun 98	2.01.10
75		Mike Davies	19:53	SSAFA Race 1	19.05.10
76		Dave Price	19:54	Cardiff parkrun 115	8.05.10
77		Martin Pinnell	19:55	Cardiff parkrun 134	18.09.10
78		Cheryl Hudgell	19:55	Cardiff parkrun 135	25.09.10
79		Jane Coker	19:56	Cardiff parkrun 111	10.04.10
80		Terry Caveney	19:56	SSAFA Race 3	21.07.10
81	*	Dan Carr	19:57	Cardiff parkrun 125	17.07.10
82		Shaun Connor	19:57	Cardiff parkrun 125	17.07.10
83	*	Steve Alexander	19:59	Cardiff parkrun 125	17.07.10
84	*	John Magee	20:00	Summer Sizzler	25.08.10
85		Alan Mason	20:02	Cardiff parkrun 135	25.09.10
86	*	Liz Ashton	20:03	Cardiff parkrun 140	30.10.10
87		Jen Salter	20:05	Cardiff parkrun 136	02.10.10
88		Kellinu Portelli	20:06	Merthyr Mawr Lane	26.05.10
89		Richard Boon	20:10	Cardiff parkrun 125	17.07.10
90	*	Alex Capleton	20:13	Time Trial	19.08.10
91		Alan Mann	20:22	Merthyr Mawr Lane	26.05.10
92	*	David E Williams	20:23	Cardiff parkrun 107	13.03.10
93	*	Helen Jessop	20:23	Cardiff parkrun 128	7.08.10
94	+	Lloyd McGeoch-Williams	20:27	Cardiff parkrun 141	6.11.10
95		Tim O'Sullivan	20:29	Cardiff parkrun 110	3.04.10
96		Graeme Donnan	20:36	SSAFA Race 1	19.05.10
97		Nick Williams	20:41	Cardiff parkrun 136	02.10.10
98		David Lloyd	20:42	SSAFA Race 2	23.06.10
99		Jerry Cleall-Harding	20:44	Cardiff parkrun 105	27.02.10
100		Cath Tailby	20:44	Cardiff parkrun 111	10.04.10
101		Wendy Boon	20:45	Cardiff parkrun 142	13.11.10
102	*	Stephen Quin	20:48	Cardiff parkrun 136	02.10.10
103		Richard Sewell	20:49	Cardiff parkrun 110	3.04.10
104		John Plain	20:57	Cardiff parkrun 119	5.06.10
105	*	Gary Bodman	21:00	Cardiff parkrun 115	8.05.10
106	*	Rod Perons	21:01	Cardiff parkrun 137	09.10.10
107	*	Andrew Shardlow	21:02	Cardiff parkrun 122	26.06.10
108		Gary John	21:06	Cardiff parkrun 110	3.04.10
109		Nick Dallimore	21:06	Cardiff parkrun 121	19.06.10
110		Marcia Migay	21:08	Cardiff parkrun 100	23.01.10
111	*	Alun E Williams	21:11	Cardiff parkrun 129	14.08.10
112	*	Gareth Rees	21:12	Cardiff parkrun 134	18.09.10
113	*	Andrew Sedgmond	21:13	Cardiff parkrun 110	3.04.10
114	+	Nicky McWilliam	21:13	Cardiff parkrun 142	13.11.10
115		Julie Scholey	21:17	SSAFA Race 2	23.06.10
116		Paula Ham	21:19	Cardiff parkrun 111	10.04.10
117	*	Sarah McCarthy	21:23	Cardiff parkrun 134	18.09.10
118	*	Michael Rossiter	21:35	Cardiff parkrun 112	17.04.10
119		Jeff Aston	21:39	Summer Sizzler	25.08.10
120	*	Rachel Banfield	21:47	Cardiff parkrun 128	7.08.10
121	*	Sian Evans	21:53	Cardiff parkrun 134	18.09.10
122	*	Joanne Tucker	21:57	Cardiff parkrun 110	3.04.10
123		Steve Lewis	21:58	Cardiff parkrun 134	18.09.10
124		Loretta Daley	22:00	Cardiff parkrun 106	7.03.10
125	*	Karl Johns	22:00	SSAFA Race 3	21.07.10
126	+	Liz Merrifield	22:04	Cardiff parkrun 110	3.04.10
127		Jenny Hughes	22:16	Welsh Relay	11.04.10
128	+	Judi Rhys	22:23	Cardiff parkrun 141	6.11.10
129		Edwina Turner	22:28	Cardiff parkrun 139	23.10.10
130		Jenny Topalian	22:35	Cardiff parkrun 101	30.01.10
131		Frank Williams	22:36	SSAFA Race 1	19.05.10
132	*	Chris Morgan	22:37	Cardiff parkrun 110	3.04.10
133		Shayne Sawyers	22:38	Cardiff parkrun 108	20.03.10

134	*	Jan Hall	22:38	Welsh Relay	11.04.10
135		Yvonne Bullen	22:39	SSAFA Race 1	19.05.10
136		Sasha Macken	22:46	Summer Sizzler	25.08.10
137		Caroline Dallimore	22:46	Cardiff parkrun 112	17.04.10
138	+	Roy Silver	22:55	SSAFA Race 3	21.07.10
139		Des Davies	22:56	Cardiff parkrun 102	6.02.10
140		Stephen Williams	22:58	Merthyr Mawr Lane	26.05.10
141	+	Peter Wilks	23:04	Cardiff parkrun 127	31.07.10
142		Malin Falck	23:05	Cardiff parkrun 114	1.05.10
143		Gillian McCue	23:09	Cardiff parkrun 106	7.03.10
144		Carol Miller	23:29	Cardiff parkrun 109	27.03.10
145	+	David F Williams	23:45	Cardiff parkrun 111	10.04.10
146		Sara MacBride-Stewart	23:50	Cardiff parkrun 102	6.02.10
147		Ralph Davey	23:51	Cardiff parkrun 124	10.07.10
148		Frances Machin	23:51	Cardiff parkrun 125	17.07.10
149		Julie Lewis	24:14	Cardiff parkrun 131	28.08.10
150	*	Richard Brynle-Williams	24:19	Cardiff parkrun 137	09.10.10
151	*	Tracy Houghton	24:23	Time Trial	19.08.10
152		David McDonald	24:24	Cardiff parkrun 145	11.12.10
153		Glenda Edwards	24:27	Time Trial	19.08.10
154		Aelwyn Blythe	24:30	Cardiff parkrun 140	30.10.10
155		Gary Pashley	24:34	Cambridge parkrun 25	17.07.10
156		Tina Rossiter	25:01	Cardiff parkrun 101	30.01.10
157	+	Lisa Muller	25:03	Summer Sizzler	25.08.10
158	+	Hayley Jones	25:15	Cardiff parkrun 122	26.06.10
159		Howard Brown	25:21	Cardiff parkrun 147	25.12.10
160	*	Sheena Ali	25:25	Cardiff parkrun 142	13.11.10
161	*	Abby Forster	25:30	Cardiff parkrun 113	24.04.10
162	+	Anne Tatnell	25:35	Cardiff parkrun 137	09.10.10
163		Clare Johnson	25:36	Cardiff parkrun 113	24.04.10
164	+	Robert Mawhinney	25:39	Cardiff parkrun 128	7.08.10
165		Gillian Murphy	25:45	Cardiff parkrun 126	24.07.10
166	+	Nicola Poole	26:01	Cardiff parkrun 124	10.07.10
167		Gwenno Williams	26:06	Cardiff parkrun 142	13.11.10
168		Mark Engstrom	26:17	Cardiff parkrun 100	23.01.10
169		Geoff Wright	26:22	Cardiff parkrun 145	11.12.10
170		Sarah Dawes-Clark	26:23	Cardiff parkrun 119	5.06.10
171		Joanne Gamba	26:24	Cardiff parkrun 111	10.04.10
172		Wayne Turner	26:32	SSAFA Race 2	23.06.10
173		Bill Fear	26:34	Cardiff parkrun 107	13.03.10
174		Errol Alexis	26:38	Cardiff parkrun 112	17.04.10
175		Richard Crawford	26:39	Cardiff parkrun 102	6.02.10
176	*	Lisa Elliot	26:43	Cardiff parkrun 116	15.05.10
177		Carys Davies	26:44	Cardiff parkrun 131	28.08.10
178	+	Doug Mends	26:53	Cardiff parkrun 142	13.11.10
179		Annie Conroy	27:03	Cardiff parkrun 142	13.11.10
180		Christine Faulkner	27:20	Cardiff parkrun 115	8.05.10
181		Hannah Davies	27:36	Cardiff parkrun 103	13.02.10
182		Alan Bladen	27:41	Cardiff parkrun 135	25.09.10
183		Kerry Francis	27:43	Cardiff parkrun 115	8.05.10
184		Sandra Caveney	28:06	Time Trial	19.08.10
185		Tony Dorsett	28:07	Cardiff parkrun 120	12.06.10
186	*	Michelle Amblin	28:29	Cardiff parkrun 138	16.10.10
187	*	John Dowden	28:32	Cardiff parkrun 126	24.07.10
188		Anne Donald	28:41	Cardiff parkrun 132	4.09.10
189	*	Lisa Harwood	28:51	Cardiff parkrun 115	8.05.10
190		Mal Rowson	28:54	Cardiff parkrun 104	20.02.10
191		Val Aston	30:39	Cardiff parkrun 145	11.12.10
192		Eirian Arwyn	31:08	Cardiff parkrun 135	25.09.10
193		Karen Phillips	33:28	Cardiff parkrun 136	02.10.10
194		Maria Carr	35:07	Cardiff parkrun 103	13.02.10
195	+	Kerry Willecome	37:19	Cardiff parkrun 106	7.03.10
196	+	Maurice Prendergast	37:58	Cardiff parkrun 139	23.10.10
197		John Griffin	50:26	Gorleston parkrun 74	18.09.10

\* = New PB; + = No previous PB